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(21)Application number : **01-187256**                    (71)Applicant : **NIPPON OIL & FATS CO LTD**  
(22)Date of filing : **21.07.1989**                        (72)Inventor : **TANAKA YUKIHISA  
HASHIZUME RON  
FUNADA TADASHI**

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## (54) FOOD CONTAINING HIGHLY UNSATURATED FATTY ACID

### (57)Abstract:

PURPOSE: To obtain the title food useful to prevention and improvement of circulatory disease of hypertension and heart disease and disease such as mammary cancer or large intestine cancer by controlling a ratio of &omega;-3 fatty acid and &omega;-6 fatty acid at a specific ratio.

CONSTITUTION: The aimed food obtained by controlling a fatty acid composition in a food so that a ratio of &omega;-3 fatty acid (e.g. docosahexenoic acid or eicosapentenoic acid) and &omega;-6 fatty acid (e.g. linolic acid or &gamma;-linolenic acid) may be 1:1-1:5.

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